|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8 am**  **Crossfit**  **5 pm**  **Intro to Lifetime**  **Fitness**  **6 pm: Yoga**  **9pm**  **Self-Defense**  **For Men & Women** | **8 am**  **Crossfit**  **12 pm**  **Zumba**  **5 pm**  **Piloxing**  **6 pm: Yoga**  **INSTRUCTORS:** | **8 am**  **Crossfit**  **5 pm**  **Intro to Lifetime**  **Fitness**  **9 pm**  **Self-Defense**  **For Men & Women** | **8 am**  **Crossfit**  **12 pm**  **Zumba**  **5 pm**  **Piloxing** | **8 am**  **Crossfit**  **5 pm**  **Intro to Lifetime**  **Fitness** |

**Group Exercise Classes**

**August 28th – December 1st**

**Piloxing will begin Sept. 12th**

**Elizabeth Ray Ethan Head Tyler Gentry/Trent Coffman Chelsea Slack Michael Bean Adrienne Burks **

